

Local Wellness Policy Checklist

A Local Wellness Policy (LWP) is a written document that guides a SFA's efforts to establish a school environment that promotes students' health, well-being, and ability to learn. The U.S. Department of Agriculture released a final rule on wellness policies in August 2016 that defines required content areas. To be compliant with the final rule, School Food Authorities (SFAs) are required to have language in their LWP that relates to all the content areas listed below. Sample policy statements (italicized) are included under each content area.

- Policy Leadership – SFAs are required to identify the official responsible for LWP oversight in the written policy. SFAs may elect to include the position/title of the individual instead of a specific name.

The superintendent shall implement and ensure compliance with the policy by leading the review, update, and evaluation of the policy.

- Public Involvement – SFAs are required to include language related to permitting the public to participate in LWP development, implementation, and review in the written policy.

The district will invite a diverse group of stakeholders from the list below to participate in the development, implementation, and periodic review and update of the policy.

- Administrator
- Classroom teacher
- Physical education teacher
- SFA representative
- School nurse
- Community member/parent
- Student
- Medical/health care professional

- School Meals – SFAs are required to adhere to meal regulations and include language related to this in the written policy.

All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 (www.fns.usda.gov/sites/default/files/dietaryspecs.pdf).

- Foods sold outside of school meals program – SFAs must adhere to Smart Snacks and include language related to this in the written policy.

All food and beverages sold outside of the school meal programs shall meet the standards established in USDA's [Nutrition Standards for All Foods Sold in Schools \(Smart Snacks\) rule](#).

- Foods provided but not sold (e.g., class parties, class snacks, rewards) – USDA has not defined specific guidelines. The SFA is responsible for defining guidelines to include in their written policy.

The district encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members. Non-food celebrations will be promoted and a list of ideas is available to staff and family members.

- Food and Beverage Marketing – SFAs may only market products that adhere to Smart Snacks guidelines during the school day and include language related to this in the written policy. SFAs may develop guidelines related to food marketing that are stricter than the Smart Snacks guidelines.

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule.

- Nutrition Education – SFAs must include, at minimum, one goal for Nutrition Education in the LWP. SFAs must explore the use of evidenced based strategies when identifying goals.

Teachers shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects.

- Nutrition Promotion – SFAs must include, at minimum, one goal for Nutrition Promotion in the LWP. SFAs must explore the use of evidenced based strategies when identifying goals. Specifically, SFAs must review and consider using “Smarter Lunchroom” tools and strategies.

School nutrition services shall use the Smarter Lunchroom Self-Assessment Scorecard to determine ways to improve the school meals environment.

School nutrition services shall implement at least [Insert Number] Smarter Lunchroom techniques at each school.

- Physical Activity – SFAs must include, at minimum, one goal for Physical Activity in the LWP. SFAs must explore the use of evidenced based strategies when identifying goals.

Children and adolescents should participate in 60 minutes of physical activity every day. The district shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The district shall also provide opportunities for students to participate in physical activity in addition to physical education.

- Other School-Based Strategies for Wellness – SFAs must include, at minimum, one goal for Other School-Based Strategies for Wellness in the LWP. SFAs must explore the use of evidenced based strategies when identifying goals.

The district will offer [Insert Number] family-focused events supporting health promotion (e.g., health fair, nutrition/physical activity open house) each year.

- Triennial Assessment – LWPs must include language regarding the completion of a triennial assessment.

The district will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.

- Update/Inform the Public – the SFA is required to inform and update the public about the content and implementation of the policy. The written policy must include language specifying how the SFA will be in compliance with this requirement.

The district will actively inform families and the public about the content of and any updates to the policy through the school website and Board of Education meetings.



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